

## 3-4-50: Chronic Disease Deaths in San Diego County—North Inland Region, 2000-2010

3 Behaviors  
contribute to  
4 Chronic Diseases  
that cause over  
50 percent  
of all deaths worldwide.

### What is 3-4-50?

Chronic diseases are now the major cause of death and disability worldwide, having surpassed infectious diseases and injuries. This reflects a significant change in diet habits, physical activity levels, and tobacco use.

These chronic diseases are important to consider together because they are common causes of disability and death in San Diego County. They are also highly influenced by three unhealthy behaviors; behaviors that cause many cases of specified chronic conditions that are preventable.

### 3-4-50 in San Diego County—North Inland Region

- From 2000 to 2010, the percent of all deaths due to chronic disease has decreased in the North Inland Region and its Subregional Areas (SRAs), while the number of deaths have remained relatively stable.
- Overall, chronic disease death rates have decreased in the North Inland Region and its SRAs from 2000 to 2010.
- Among the North Inland Region SRAs, Palomar-Julian had the highest percentage of deaths due to chronic disease in 2010.
- Among the North Inland Region SRAs, Anza-Borrego Springs had the highest chronic disease death rate in 2010. Anza-Borrego Springs also has an older population. Age increases both the risk of having a chronic disease and of death.
- Despite a decrease since 2000, chronic diseases accounted for 54% of all deaths in the North Inland Region in 2010.

Figure 1: 3-4-50 Death Percentages

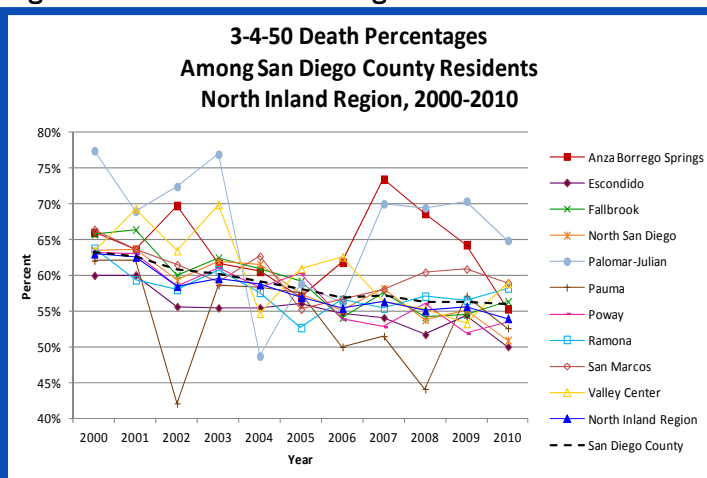
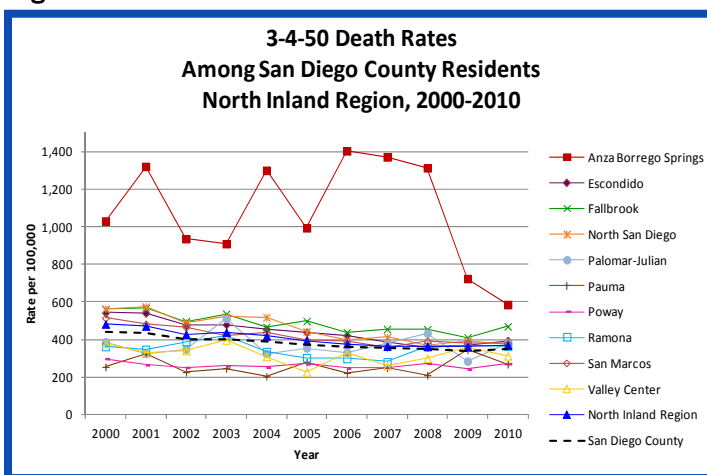


Figure 2: 3-4-50 Death Rates



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